ARE YOU HYDRATED?
DON’T WAIT UNTIL URINE TROUBLE.
Products with caffeine should be avoided before practice and competition (supplements, energy drinks, etc...) Sports drinks can provide supplementary electrolytes, but water is KEY!
Monitor your urine color with the chart below. Don’t let dehydration take you off the field!

HIGHLY DEHYDRATED
Go drink a large bottle of water immediately.

SERIOUSLY DEHYDRATED
You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

MODERATELY DEHYDRATED
You lose water on a regular basis throughout the day. Drink more water.

PROPERLY HYDRATED
You’re almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY
Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).